



**CANADA**

*2004 International Coaches Conference*  
*Calgary, Alberta*

## **TRANSITION**



**Coaches' Club®**



**COACHES  
PLANNER™**





2000 PLAY RIGHT  
INTERNATIONAL COACHES' CONFERENCE  
Vancouver, British Columbia



Coach: DAVE STEIN

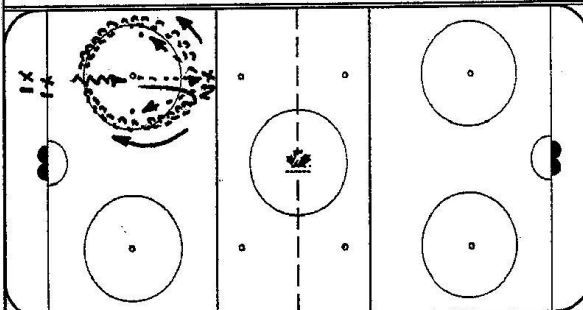
Team: VICTORIA AAA BANTAM

Country: CANADA

Drill Theme: TRANSITION

LEGEND		Coach		Puck Carrying
		Forwards		Shooting
		Defenders		Pass
		Goalie		Drop Pass
		Stop		Backward Skate
		Pylon		Lateral Movement
		Pucks		Defensive Pressure
	<input type="radio"/>	OFFENSIVE	<input type="radio"/>	DEFENSIVE

Drill Name: CANUCK "D" MAN

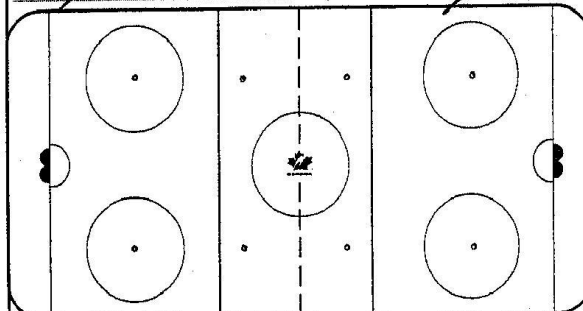


Key Teaching Points:

- EYE TO EYE CONTACT
- STICK POSITION TO SIDE
- PRESENT TARGET TWO HANDS.
- SWEEP PUCK WITH STICK FOLLOW THROUGH.
- QUICK FEET.
- PUCK CLOSE TO BODY
- STICK HANDLE TO SIDE.

Drill Description:

PLAYER X<sub>1</sub> PASSES TO X<sub>2</sub>. X<sub>1</sub> PIVOTS BACKWARDS AT TOP OF FACE OFF CIRCLE. RECEIVES PASS FROM X<sub>2</sub>. X<sub>1</sub> RETREATS TO BOT OF CIRCLE + PIVOTS FWD AND ATTACKS AGAIN PASSING TO X<sub>2</sub> AGAIN PIVOTING BACKWARDS LOR R. 2 CYCLES - CHANGE PLAYER. "CHANGE X<sub>2</sub> OFTEN"



Additional Teaching Points:

PROGRESSION / OPTIONS:



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Coach: GREG HOLST

Team: HEAD COACH U-18 - / U-20 / ASS'T. NAT. TEAM

Country: AUSTRIA

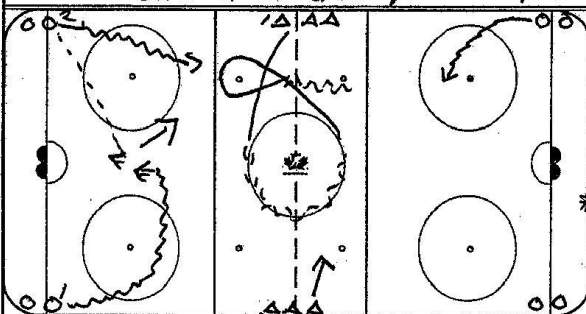
DRILL THEME: TRANSITION

LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skate
	X	Pylon		Lateral Movement
	⊗	Pucks	—	Defensive Pressure

☐ OFFENSIVE

☐ DEFENSIVE

DRILL NAME: BACKCHECK-DRILL / KENNEDY DRILL



KEY TEACHING POINTS:

SHOTS FOR FORWARD:  
BACKCHECKING → FORCE  
FW AWAY FROM MIDDLE  
ICE

\* FOOT WORK + GAP  
FOR DEFENSE

DRILL DESCRIPTION:

O<sup>1</sup> + A<sup>1</sup> START TOGETHER (OTHER END ALSO.) O<sup>1</sup> SHOOTS - STOPS IN  
SLOT. O<sup>2</sup> GIVE HIM PASS. WHEN O<sup>1</sup> RECEIVES PASS O<sup>2</sup> TAKE OFF  
WITH PUCK DOWN 1VS1. DEF A<sup>1</sup> SKATES HARD FW TO BW AROUND  
CENTER CIRCLE. HE TRIES TO GET TO FREEOFF. NOT A PIVOTS  
TO MIDDLE ICE - TRY TO CONTROL O<sup>2</sup> AT BLUELINE & KEEP

ADDITIONAL TEACHING POINTS:

HIM OUTSIDE  
- SUPPORTED BY O<sup>1</sup>  
BACK CHECKER

BOTH WAYS AT  
SAME TIME.

PROGRESSION / OPTIONS:



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Good

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






Coach: FRANK "TRAP" TRAPUZZANO

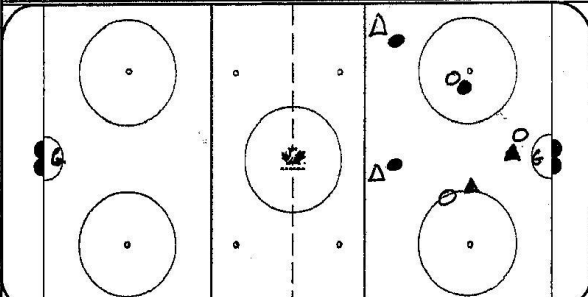
Team: \_\_\_\_\_

Country: U.S.A.

DRILL THEME: TRANSITION

LEGEND		Coach		Puck Carrying
		Forwards		Shooting
		Defenders		Pass
		Goalie		Drop Pass
		Stop		Backward Skate
		Pylon		Lateral Movement
		Pucks		Defensive Pressure
	OFFENSIVE		DEFENSIVE	

DRILL NAME: "BLACK & WHITE DRILL"



KEY TEACHING POINTS:

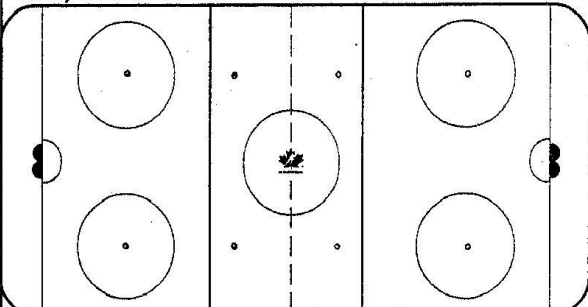
- WHEN PUCK TURNS OVER THIS PREPARED FOR LOST POSSESSION
- DRILL IS DEFENSIVE BUT DO NOT BE TIMID ON ATTACK
- WATCH FOR PUCK CARRIER TO INTENTIONALLY TURN PUCK OVER TO TAKE SHOT AT YOU
- BE AWARE OF POSITION OF ALL ON ICE

DRILL DESCRIPTION:

PAINTE ONE FLAT SIDE OF PUCK WITH WHITE STRIPES OR WHITE DOTS. SIMPLY RUN CONTROL SCRIMMAGE, WHATEVER TEAM HAS THE PUCK CAN CONTROL AND WORK, DEFENSIVE TEAM DOES THE SAME. IF AT ANY TIME THE PUCK TURNS OVER TO THE OTHER SIDE, THAT TEAM MUST GIVE UP PUCK TO OPPOSING TEAM AND PLAY DEFENSIVELY

ADDITIONAL TEACHING POINTS:

- ON SNOWY ICE SURFACE USE RED OR ORANGE PAINT



PROGRESSION / OPTIONS:



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Coach: ROLF AUTOFER

Team: SWISS FEDERAL SPORTS SCHOOL

Country: SWITZERLAND

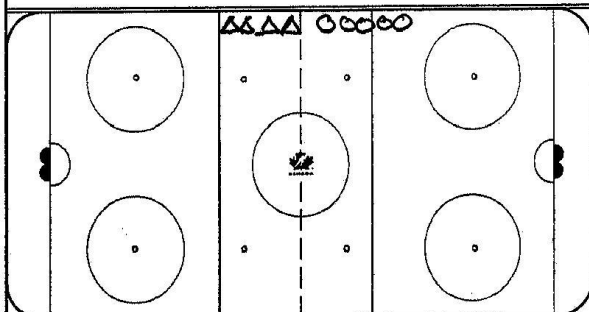
DRILL THEME: TRANSITION

LEGEND			
●	Coach	~	Puck Carrying
○	Forwards	⇒	Shooting
△	Defenders	→	Pass
G	Goalie	↔	Drop Pass
—	Stop	↔	Backward Skate
X	Pylon		Lateral Movement
●	Pucks	—	Defensive Pressure

☒ OFFENSIVE

☐ DEFENSIVE

DRILL NAME: ONE-PUCK CONTINUOUS

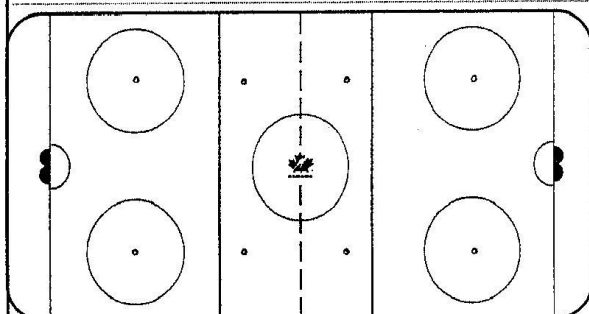


KEY TEACHING POINTS:

- FAST TRANSITION (OFF.) FROM D2 (EV. N2)
- + Good timing on B-O - Pass
- CAN BE USED AS 1:1 / 2:1 / 2:2 / 3:2 / 3:3 ...
- BUT ALSO FOR 1:2 / 2:3 / ...

DRILL DESCRIPTION:

- O<sub>1</sub> ATTACKS Δ<sub>1</sub> ON A 1:1 (OR 2:1; 1:2; 2:2; 3:1; 3:2; 2:3; ...)
- Right after they've crossed the center line, the next Δ steps in to receive the pass from Δ<sub>1</sub> (or his G) to attack O<sub>2</sub>
- and so on ...



ADDITIONAL TEACHING POINTS:

- Defensive Transition: Attacking player(s) must backcheck (esp. on 2:1 / 2:2 / 3:2 ...)
- But also: Offensive activities of the "D" (delayed pressure)

PROGRESSION / OPTIONS:

- from "one way" (attack or defend)
- to "up + down" (attack and defend or vice-versa)
- to "up-down + up"



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Coach: ROB BOYLE

Team: BLUE RIDGE BEAR

Country: USA

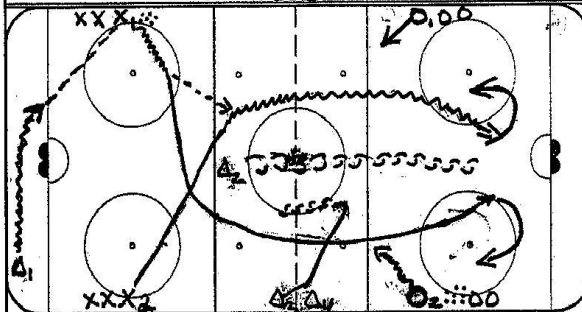
DRILL THEME: TRANSITION

LEGEND

●	Coach	→	Puck Carrying
○	Forwards	⇒	Shooting
△	Defenders	⇄	Pass
G	Goalie	⇄	Drop Pass
—	Stop	⇄	Backward Skate
X	Pylon		Lateral Movement
—	Pucks	—	Defensive Pressure

☐ OFFENSIVE ☐ DEFENSIVE

DRILL NAME: CONTINUOUS TRANSITION - 2v1 → 2v3



KEY TEACHING POINTS:

- AWARENESS
- COMMUNICATION

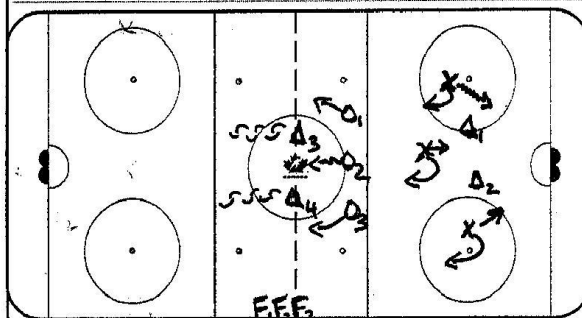
DRILL DESCRIPTION:

A1 STARTS THE DRILL PASSING TO X1, X1 & X2 GO DOWN 2v1 VS A2.

X1 & X2 A2 CONTINUE TO PLAY IN THE ZONE UNTIL THE ©

BLOWS THE WHISTLE, X1, X2 BACKCHECK ON O1 & O2 WHO

ATTACK 2v1 VS A3



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:

3 vs 2 → 3 vs 5 - START W/ CONTROL B/L X1, X2, X3 GO 3v2 VS A1, A2

PLAY IN THE ZONE UNTIL COACH BLOWS WHISTLE, X1 THEN B/L ON O1, O2, O3 WHO

ATTACK A3, A4, PLAY 3v5 UNTIL © BLOWS WHISTLE, O1 B/L ON F1, F2, F3

\* IF YOU HAVE ENOUGH D'MEN THEY COULD FOLLOW UP & MAKE 5v5.



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Calgary, Alberta



Coach: ENGLAND NATIONALS

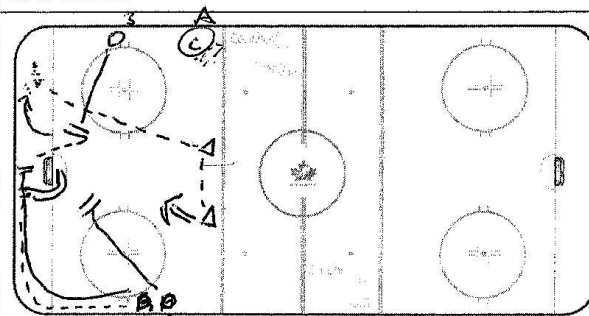
Team: \_\_\_\_\_

Country: ENGLAND

Drill Theme: **Transition**

LEGEND	⊙	Coach	~~~~~	Puck Carrying
	○ ●	Forwards	→	Shooting
	△ ▲	Defenders	-----	Pass
	G	Goalie	⇄	Drop Pass
		Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

Drill Name: \_\_\_\_\_



DRILL DESCRIPTION:

KEY POINTS

DRILL DESCRIPTION

KEY TEACHING POINTS:

O1 RIMS AROUND BOARDS, NM STEPS OUT  
2 STEPS PUCK, O1 RETRIEVES PUCK, O2+O3  
DRIVE THE NET, O1 PASSES TO O2 OR O3 FOR  
SHOT ON NET. O3 PICKS UP A 2ND PUCK &  
PASSES TO A TO A WHO SHOOTS,  
3 FORWARDS BREAK OUT AND RECEIVE A  
PASS FROM A

PART 2

↓ OPTIONS

A FORWARDS PASS TO A & REGROUP

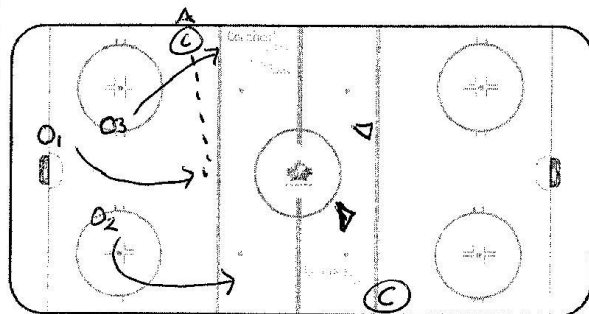
B FORWARDS PASS TO (C) B & (C) DECIDES

WHO TO PASS TO, IE TO FORWARDS WHO GO

3 ON 2 OR DUMP IN AND D BREAKOUT  
TO FORWARDS

KEY TEACHING POINTS:

2



DRILL DESCRIPTION:

SCOTT SUMMERS 88 @ HSCALI, CO. ON

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HOCKEY CANADA

Calgary, Alberta



Coach: SCOTT SUMMERS.

Team:

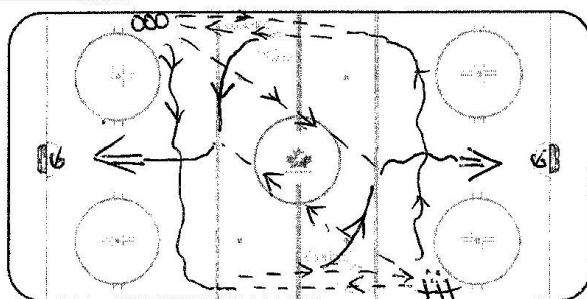
Country: SCOTLAND.

Drill Theme: **Transition**

LEGEND	<p>  Coach   Forwards   Defenders   Goalie   Stop   Pylon   Pucks </p>	<p>  Puck Carrying   Shooting   Pass   Drop Pass   Backward Skate   Lateral Movement   Defensive Pressure </p>
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Drill Name: WARM - UP TRANSITION (CONTINUOUS)

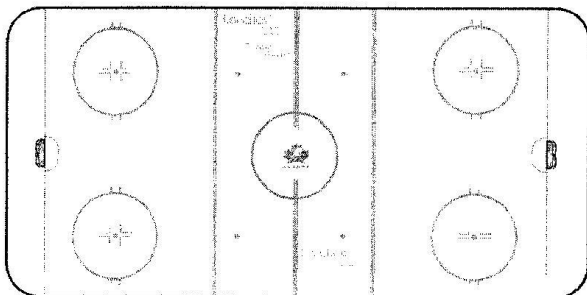
KEY TEACHING POINTS:



DRILL DESCRIPTION:

ONE PLAYER FROM EACH GROUP X AND O WILL LEAVE AT THE SAME TIME WITHOUT A PUCK. SKATING ACROSS ICE AND TURNING AT BOARDS TO FACE UPCOMING GROUP. PLAYER WILL RECEIVE A PASS AND THEN PASS BACK TO GROUP AND CUT TO CENTRE ICE, WHERE HE WILL RECEIVE A PASS FROM HIS ORIGINAL LINE TO GO IN ONE ON THE GOALIE

KEY TEACHING POINTS:



DRILL DESCRIPTION:



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Coach: BERNHARD KAMINSKI

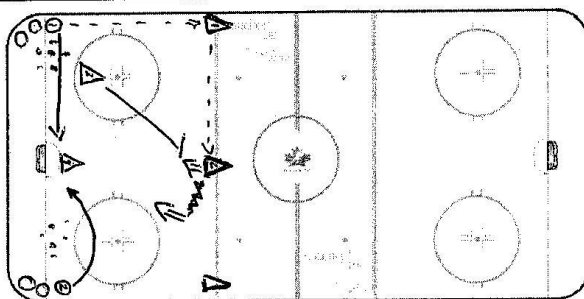
Team: HAMMARBY IF

Country: SWEDEN

Drill Theme: **Transition**

LEGEND	⊙	Coach	~~~~~	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	----->	Pass
	G	Goalie	⇄	Drop Pass
	—  —	Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	●	Pucks	— —	Defensive Pressure

Drill Name:

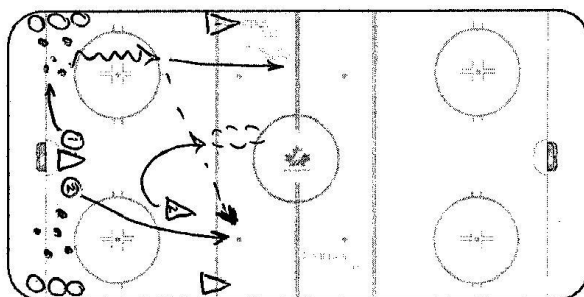


KEY TEACHING POINTS:

GOING TO NET HARD  
SHOT ON NET  
FAKE A SHOT + WALK  
BLOCKING SHOTS  
2X1 HARD IN FRONT

DRILL DESCRIPTION:

① PASSES TO A + DRIVES HARD TO NET, ② LOOKS FOR REBOUND  
A IN FRONT MUST BLOCK OUT. A RELAYS PUCK TO A.  
A APPLIES PRESSURE ON POINT ② + SLIDES TO BLOCK SHOT.  
A MUST READ PRESSURE, FAKE SHOT + WALK, THEN GET SHOT ON NET.  
① + ② BATTLE WITH A FOR REBOUND UNTIL GOAL OR WHISTLE.



KEY TEACHING POINTS:

FOLLOW-UP PUCK HARD  
READ YOUR PARTNER  
BE AN OPTION  
PUT PRESSURE ON "D"  
HEAD MAN THE PUCK.

DRILL DESCRIPTION:

• ON WHISTLE ① WILL CALL PUCK POSSESSION + DRIVE FOR PUCK +  
HEAD MAN PUCK TO ② DRIVING HARD.  
• IF REBOUND GOES WIDE OFF SHOT THE CLOSEST MAN TO THAT SIDE  
WILL GO FOR PUCK TO START TRANSITION.  
PLAY A 2X1 DOWN ICE, ALTERNATE SIDE FOR NEXT START.



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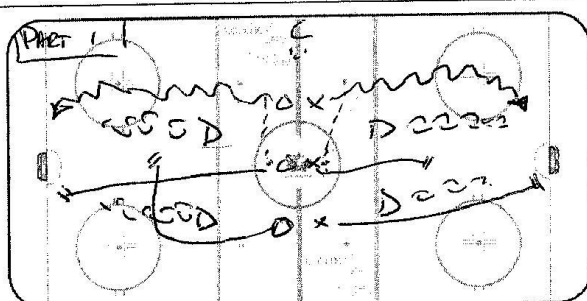


Coach: Doug Ringrose  
Team: Knights of Columbus Bantam AAA  
Country: Canada

Drill Theme: **Transition**

LEGEND	●	Coach	~	Puck Carrying
	○	Forwards	⇒	Shooting
	△	Defenders	----->	Pass
	G	Goalie	⇄	Drop Pass
		Stop	~	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

Drill Name: SPLIT 3 on 2

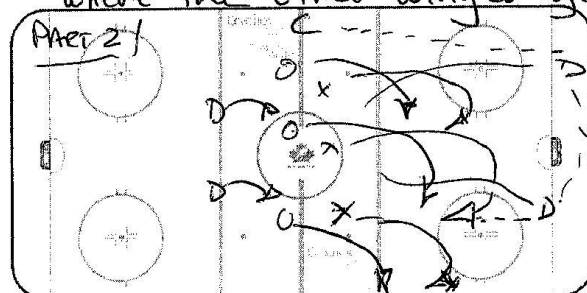


KEY TEACHING POINTS:

- quick outside entry with the puck
- hard drive to the net
- triangulation

DRILL DESCRIPTION:

On first whistle, x's rush against a defence pair at one end of the ice and o's rush against a pair at the other end. Centre's start with the puck and pass to either winger who will then drive wide with the puck. The coach will call either an "outside drive" where the other winger goes to the net and the centre



KEY TEACHING POINTS:

- quick return "centre drive", where the centre goes to the net and the winger stays high
- quick reaction to wingers stays high (o's). Play on the 3 on 2

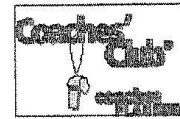
DRILL DESCRIPTION:

On second whistle, players return to neutral zone and the coach dumps the puck into one end. The teams retrieving the puck (x's) will then break out and the other team will execute the desired forecheck (o's) ... scrimmage.



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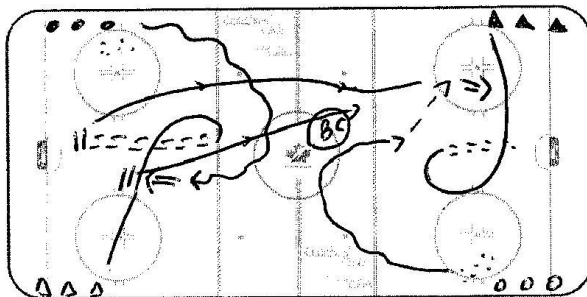
Coach: JAKE GRIMES

Team: BELLEVILLE BUZZ DHL

Country: CANADA

Drill Theme: TRANSITION / BACK CHECK

Drill Name: 2 on 2 CONTINUOUS



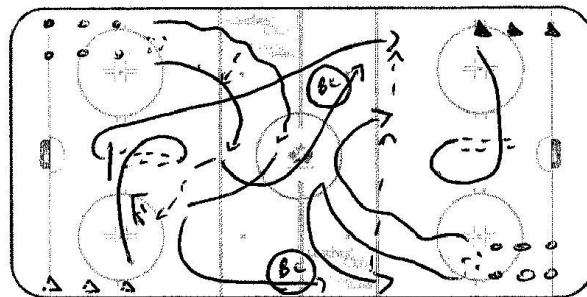
DRILL DESCRIPTION:

- CUTS CENTER CIRCLE & TRACKS / CONTROLS GAP & DEFENDS 1 vs 1
- TRIES TO SAVE WHISLE PLAY STARTS IN OTHER END & A Jumps ON OFFENSE WHILE A BACK CHECKS ON A WHISLE STARTS AGAIN IN OTHER END

KEY TEACHING POINTS:

D Jumps into the play & TAKES  
F ON OFFENSE USES THE SUPPORT OF  
F ON OFFENSE COMMUNICATES W/  
D ON OFFENSE ON BACK CHECK

(BC) INDICATES BACK CHECK



DRILL DESCRIPTION:

PROGRESS TO 3 ON 3 CONTINUOUS

STARTS AS 2 ON 2 IN ONE ZONE VS 1 ON 1 IN  
ANOTHER ZONE

KEY TEACHING POINTS:

MAN IDENTIFICATION ON  
BACK CHECK & ON OFFENSE

(BC) INDICATES BACK CHECK

OFFENSE IDENTIFIED  
POWER SITUATION BASED  
ON READING THE BACK CHECK



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Coach: GARY SNYDMILLER

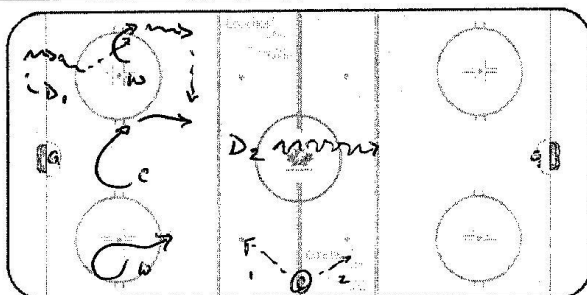
Team: AUGUSTANA UNIVERSITY COLLEGE

Country: CANADA

Drill Theme: **Transition**

LEGEND	⊙	Coach	~~~~~	Puck Carrying
	○ ●	Forwards	==>	Shooting
	△ ▲	Defenders	- - - - ->	Pass
	G	Goalie	- + - + -	Drop Pass
	—	Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	— —	Defensive Pressure

Drill Name: 3on1 - 4on1.

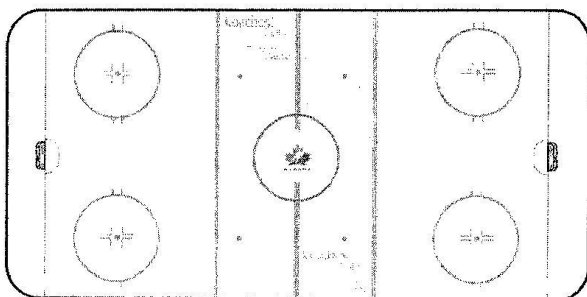


KEY TEACHING POINTS:

- Quick To LOOSE PUCKS.
- TAKE TO TAKE BREAK OUT PASSES.
- ATTACK WITH SPEED (TRIANGULATION'S ATTACK)
- ACTIVATE D2 INTO ATTACK ON 2nd OPPORTUNITY.

DRILL DESCRIPTION:

COACH SPITS PUCK TO D1. D1 INITIATES A B.O. WITH 3 FWDs. ATTACK TO FAR END, SHOT. - LOOSE PUCK - D2 JUMPS TO PUCK AND INITIATES A NEW B.O. BACK TO OTHER END WITH D1 NOW DEFENDING. 3 FWDs MUST REACT QUICKLY TO SUPPORT D2. D2 WILL JUMP INTO THE ATTACK TO MAKE IT A 4on1 BACK.



DRILL DESCRIPTION:

KEY TEACHING POINTS:

- 3on2 - 4on2
- PROGRESSION - ADD 2 DEF ON BREAKOUT AND 2 DEF TO DEFEND 1st ATTACK.
- USE VARIOUS B.O. OPTIONS.
  - "REVERSE" D2 TO D.
  - "OVER" D2 TO D.
  - DOWN 1 D ON 2nd ATTACK JUMPS INTO PLAY TO MAKE IT A 4on2.





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Coach: TYSON DAVIS

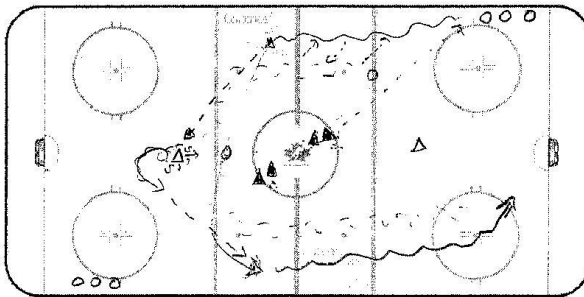
Team: COLORADO OUTLAWS

Country: USA

Drill Theme: **Transition**

LEGEND	⊙	Coach	~~~~~	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

Drill Name: Multi-task 1 on 1

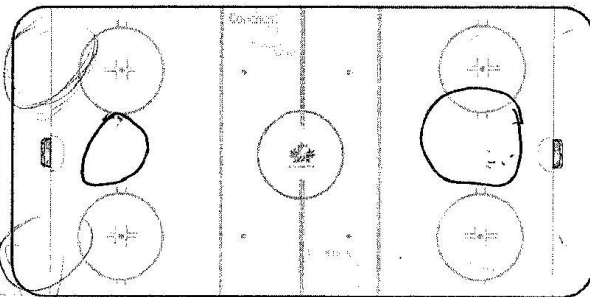


## KEY TEACHING POINTS:

- passing in motion
- active skating & acceleration
- gap control while transitioning
- communication with eyes and voice
- creativity with and without the puck.

## DRILL DESCRIPTION:

▲ begins drill by passing to O. ▲ shadows O with a tight gap touch passing through the NZ. O passes to △. △, with active skating escapes out and returns pass to O. O attacks ▲ on opposite side of ice.



## KEY TEACHING POINTS:

## DRILL DESCRIPTION:



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Coach: **MIKE COFLIN**

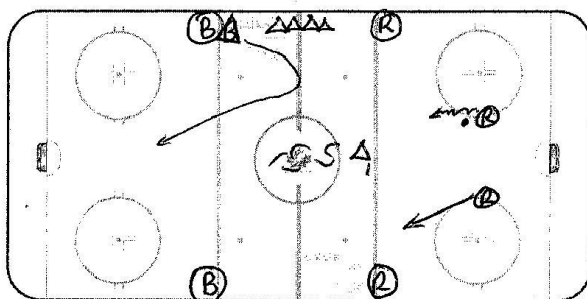
Team: **—**

Country: **CANADA**

Drill Theme: **Transition**

LEGEND	Coach	Puck Carrying
○ ● Forwards	Shooting	
△ ▲ Defenders	Pass	
G Goalie	Drop Pass	
— Stop	Backward Skate	
X Pylon	Lateral Movement	
● Pucks	Defensive Pressure	

Drill Name: **2x1 "TAG UP"**

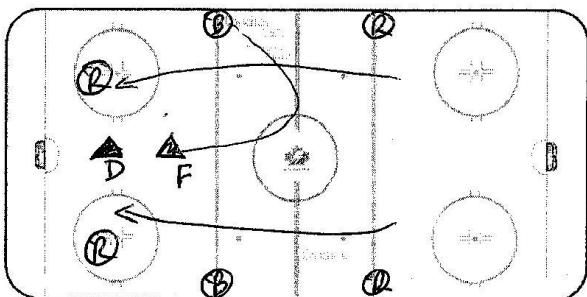


KEY TEACHING POINTS:

- OFFENSIVE PLAYERS MUST CREATE UNDER PRESSURE OF GAME SPEED
- DEFENDERS MUST ANALYZE AND WIN POSSESSION THEN MAKE TRANSITION PASS TO BREAKOUT.
- FORWARDS MUST RETURN TO BLUE LINE THEN START @ WHEN PLAY OVER.

DRILL DESCRIPTION:

DRILL BEGINS WITH 2 (A) WITH PUCK. THE DRILL USES THE SAME PUCK ALWAYS. TWO (A) ATTACK (A). ONCE THE PUCK CROSSES THE CENTER RED LINE, ONE (A) FORWARD MUST SKATE AND "TAG UP" AT THE CENTER LINE THEN SUPPORT DEFENSEMAN FROM BEHIND WORKING (A) + (A) + (G) TO WIN POSSESSION AND MAKE BREAKOUT PASS TO NEXT (B) TO



ATTACK OPPOSITE DIRECTION.

KEY TEACHING POINTS:

- FORWARDS MUST COMMUNICATE WHO IS JOINING DRILL NEXT.
- DEFENSE MUST DELAY → CLOSE QUICKLY 1x1 ONCE (A) IS ABLE TO SUPPORT.
- GOALIE MUST COMMUNICATE - ASSIST WITH BREAKOUT UNDER PRESSURE

DRILL DESCRIPTION:

\*DRILL CAN BE ADJUSTED: 2x1 → 2x2 DEFENSEMAN DECISIONS  
3x2 → 3x3 TRANSITION IN (F) LINES.  
2x2 → 2x3 GAP CONTROL FOR (A)  
Puck SKILLS W/ PRESSURE. 1x1 → 1x2 BACKSIDE PRESSURE (A)



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HOCKEY CANADA  
Calgary, Alberta



Coach: BRYAN BOYCE

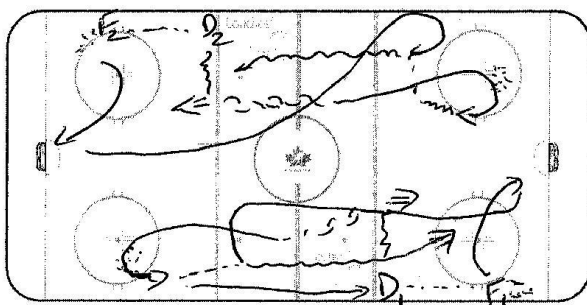
Team: SEMI-HMOO PEE WEE "AAA"

Country: B.C., CANADA

Drill Theme: **Transition**

LEGEND	⊙	Coach	~~~~~	Puck Carrying
	○ ●	Forwards	==>	Shooting
	△ ▲	Defenders	- - - - -	Pass
	G	Goalie	- + -	Drop Pass
	—	Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

Drill Name:

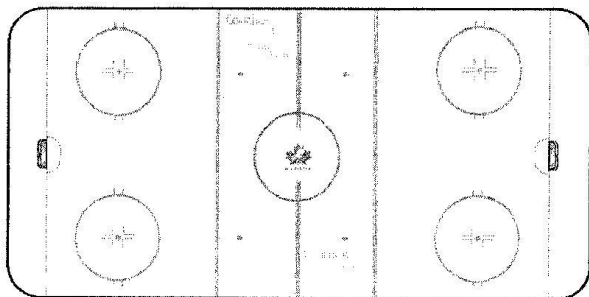


KEY TEACHING POINTS:

- D Drag Shoot F-Screen/Tip
- D Look for Quick up Pass
- F Support Puck
- QUICK TRANSITION for F/D
- F NOT DRIVES
- D POINT SHOTS.

DRILL DESCRIPTION:

ON WHISTLE - F, Pass up to D, on wall. D, Drag, F, TO NET SCREEN, D, SHOT. D, THEN BACK PASSES, open up to RETRIEVE SECOND PUCK. F, Support D, D, Look for QUICK up Pass to TIMING F, F, DRIVES NET, SET SCREEN. D, Jump up to B/L wall GET 3RD PUCK and Repeat POINT SHOT SCREEN/TIP IN. (BOTH Sides GO on WHISTLE)



KEY TEACHING POINTS:

DRILL DESCRIPTION:



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Coach: Jim McTAGGART

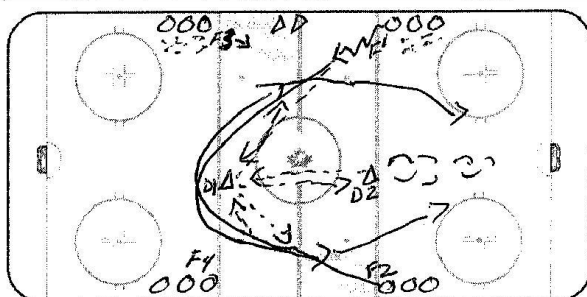
Team: Seattle Thunderbirds

Country: USA

Drill Theme: **Transition**

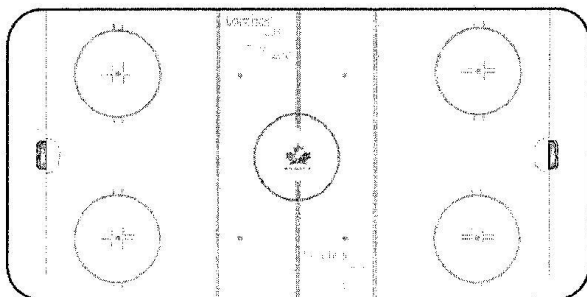
LEGEND	●	Coach	~~~~~	Puck Carrying
	○	Forwards	==>	Shooting
	△	Defenders	- - - ->	Pass
	G	Goalie	- + - + -	Drop Pass
		Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	— —	Defensive Pressure

Drill Name:



KEY TEACHING POINTS:  
Get The Puck on and off your Stick Quickly  
Forwards Attack Quickly, ~~Transition~~  
~~Be~~ Get available for a pass.  
Look for the pass.

DRILL DESCRIPTION:  
1st Two Forwards in Line skate Towards D and F1 makes the Pass to D1  
D1 one Touches Pass to F2, F2 one Touches the puck back to D1, D1 one  
Touches Pass to D2, D2 one Touches pass to D1, D1 one Touches pass to  
F1 or F2, F1 + F2 attack 2on1 on D2. New D replaces D2 and F3  
Starts Next.



KEY TEACHING POINTS:

DRILL DESCRIPTION:



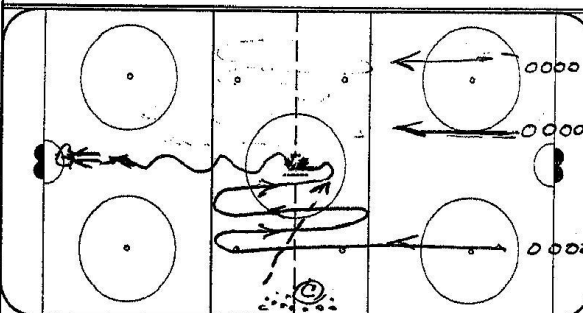
2000 PLAY RIGHT  
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Vancouver, British Columbia



Coach: MIKE JOHNSON  
Team: BANTAM A A  
Country: WHITEHORSE, YUKON CANADA  
DRILL THEME: TRANSITION

LEGEND	⊙	Coach	→	Puck Carrying
	○	Forwards	⇒	Shooting
	△	Defenders	⇄	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	⇄	Backward Skate
	X	Pylon		Lateral Movement
	●	Pucks	—	Defensive Pressure
	⊙	OFFENSIVE	○	DEFENSIVE

DRILL NAME:



KEY TEACHING POINTS:

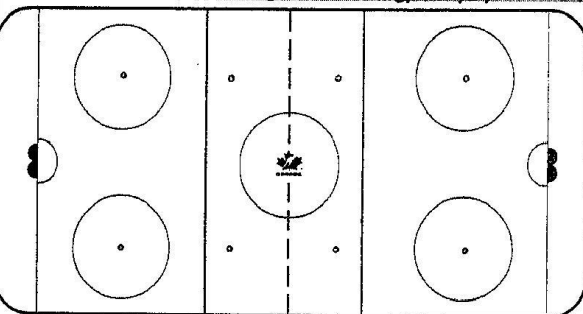
SKATERS HAVE TO KEEP EYE ON COACH AT ALL TIMES. COACH MAY RELEASE PUCK AT ANY TIME. IMPORTANT THAT PLAYERS MAINTAIN EYE CONTACT DURING TRANSITION. IMPORTANT TO IMMEDIATELY GO TO NET WITH PUCK.

DRILL DESCRIPTION:

ON WHISTLE, THREE SKATERS HEAD FOR NEUTRAL ZONE. AT FAR BLUE LINE THEY TURN AND HEAD BACK TO NEAR BLUE LINE. THEY KEEP THIS UP TILL COACH MAKES A PASS. THEY THEN "IMMEDIATELY" GO TO FAR GOAL, IRREGARDLESS OF WHICH DIRECTION THEY HAD BEEN

ADDITIONAL TEACHING POINTS:

TRAVELLING



PROGRESSION / OPTIONS:



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Coach: DOUG RINGROSE  
Team: EDMONTON MINOR HOCKEY  
Country: CANADA  
Drill Theme: TRANSITION

LEGEND		Coach		Puck Carrying
		Forwards		Shooting
		Defenders		Pass
		Goalie		Drop Pass
		Stop		Backward Skates
		Pylon		Lateral Movement
		Pucks		Defensive Pressure
	OFFENSIVE		DEFENSIVE	

Drill Name: SUPPORT AND GO

Key Teaching Points:

- D - head on a swivel
- quick, hard passes
- recover quickly to defend against attack
- F1, F2 - Support D without interference
- into position quickly for breakout pass - stick on the ice, call for the pass

Drill Description:

COACH DUMPS PUCK IN CORNER. D skate back hard to retrieve puck and prepare for "quick up" breakout pass. Pass receivers (F1, F2) "hold up" forecheckers (F3, F4) as they attempt to pressure the D men. At the top of the face off circles they release the forecheckers, get into position and call for the breakout pass. Upon receiving the pass they proceed to far end for a scoring opportunity. D men must recover quickly and get into position to play the oncoming forward one on one.

Progression / Options:

- Fws switch positions after each rush
- forechecking forward can join puck carrier and create a 2 on 1



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Coach: **DEREK HAAS**

Team: **"DUCS"**

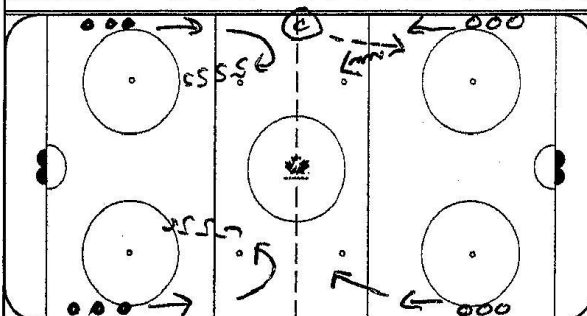
Country: **FRANCE**

DRILL THEME: **TRANSITION**

LEGEND	
⊙	Coach
○ ●	Forwards
△ ▲	Defenders
G	Goalie
—	Stop
X	Pylon
⚡	Pucks
→	Puck Carrying
⇒	Shooting
→	Pass
→	Drop Pass
→	Backward Skate
→	Lateral Movement
→	Defensive Pressure

☐ OFFENSIVE ☐ DEFENSIVE

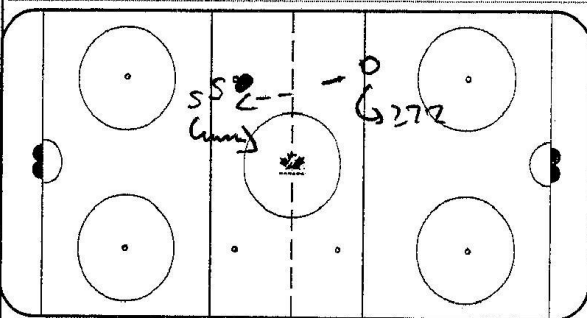
DRILL NAME: **2ON2 HIGH TEMPO DRILL**



KEY TEACHING POINTS:  
**GAP CONTROL**  
**TRANSITION SKATING**

DRILL DESCRIPTION:

Ⓢ CAN PASS TO ANY FWD. FWD'S LEAVE ON WHISTLE. IF Ⓢ PASSES TO O'S THEY ATTACK AGAINST THE ●'S. ●'S MUST TRANSITION SKATE AND PLAY DEFENSE. ●'S DONOT HAVE TO SKATE BWS!



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:

Ⓢ CAN BLOW WHISTLE AGAIN AND O'S MUST PASS TO ●'S SO THAT O'S MUST NOW TRANSITION SKATE AND DEFEND.



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Coach: JOE MILAN

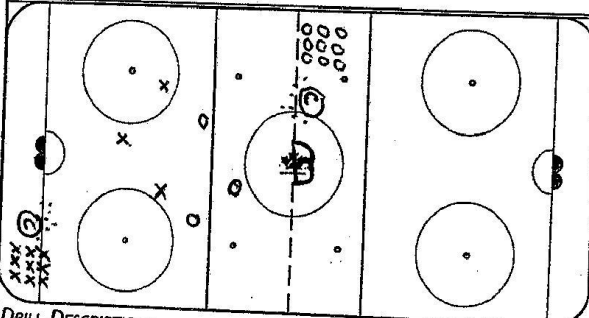
Team: WILLIAMS COLLEGE WOMEN'S TEAM

Country: USA

DRILL THEME: TRANSITION

LEGEND	⊙ Coach	~ Puck Carrying
	○ Forwards	⇒ Shooting
⚡	△ Defenders	⇒ Pass
	G Goalie	⇒ Drop Pass
	Stop	~ Backward Skate
	X Pylon	Lateral Movement
❄	Pucks	— Defensive Pressure
	⊗ OFFENSIVE	⊙ DEFENSIVE

DRILL NAME:



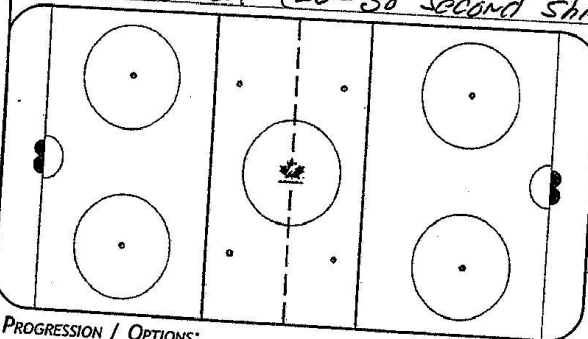
KEY TEACHING POINTS:

Get open quickly and speed out  
We have 2 hour practice a day and do this 20 min every day (2, 10 min. games)

Players love it + tempo is all out.

DRILL DESCRIPTION:

3V3 TRANSITION GAME WITH GOAL LINE + RED LINE USED AS OUT OF BOUNDS. - GAME WITH TEAMS ATTACKING FAR GOALS - ON SHOT IF PUCK MISSES NET OR GOALIE FREEZES OPPOSITE TEAM TURNS UP 100 FOR TRANSITION PASS FROM THEIR COACH (20-30 SECOND SHIFTS)



ADDITIONAL TEACHING POINTS:

Game can be used to work on whatever your teams needs are.  
Examples. CREATIVITY - don't allow them to make stick to stick passes so INDIRECT off boards + Aerial passes become passes of choice or

PROGRESSION / OPTIONS:

1. Timer shots only oct. ect.  
\* CAN CHANGE GAME TO REGROUP GAME WITH NEW PUCK COMING INTO GAME FROM COACH FURTHEST FROM SHOT  
⊙ X SHOTS AND MISSES NET X PLAYERS "FLY" BACK TOWARDS THEIR COACH RECEIVE PASS AND ATTACK AGAIN.  
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